

Making Choices

Are You Ready?



1. Now that you are getting older, your personal relationships might begin to get more complicated
2. Has anyone ever told you that "everyone is doing it" as a way to pressure you into making a decision- well, guess what: half of teens are saying no to sex before they turn 18.
3. It's important for you to make up your mind before you find yourself in a sticky situation- it's hard to make a decision when you are caught up in the moment
4. Alcohol can make it hard to stop if you aren't real clear on whether or not you want to wait to have sex
5. If you do decide to have sex, make sure you take precautions:
 - Condoms are the **only** way to help prevent the transmission of STDs (sexually transmitted diseases like herpes and AIDS) most condoms are made of latex- if you are allergic or using latex precautions you need to talk with your health care provider about other options
 - Use effective birth control to avoid becoming pregnant- talk with your health care provider to find the best method for you
 - Withdrawal (pulling out) does not prevent pregnancy
 - The only 100% effective way to avoid pregnancy and contracting STDs is not to have sex
6. Having sex will not only change your relationship, but also your life- take the time to make the choice that is right for you



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